

Zesty Mexican Soup

Ingredients:

- 1 medium onion minced
- 4 medium cloves garlic, chopped
- 2 TBS red chili powder
- 3 cups + 1 TBS chicken, or vegetable broth
- 1 small to medium green bell pepper diced, 1/4 inch pieces
- 1 small zucchini diced, 1/4 inch pieces
- 1 cup finely chopped collard greens
- 1 15oz can diced tomatoes
- 1 15oz can rinsed black beans
- 1 cup frozen yellow corn
- 1 4oz can diced green chili
- 1 tsp dried oregano
- 1 tsp cumin
- 1/4 cup chopped pumpkin seeds
- 1/2 cup chopped fresh cilantro
- Salt and pepper to taste



Directions:

1. Heat 1 TBS broth in a medium soup pot. Healthy Sauté onion, garlic, and green peppers in broth over medium heat for about 5 minutes, stirring often.
2. Add red chili powder, mix in well and add broth, zucchini, collard greens and tomatoes. Cook for another 5 minutes and add beans, corn, green chili, oregano, and cumin.
3. Bring to a boil on high heat. Once it begins to boil, reduce heat to medium low and simmer uncovered for 15 minutes longer. (Simmering uncovered enhances the flavor) Add chopped cilantro, pumpkin seeds, salt and pepper.

Prep and Cook Time: 40 minutes

Serves 6

Healthy Cooking Tip: For the best flavor it's important to chop the collard greens very fine. In doing so, their flavors blend better with the other ingredients and are easier to eat. If they are too big, they may taste too bitter.

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